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This magazine shows you
how to be happy
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SEPTEMBER, 1931

A PAGE OF INSPIRATION FOR EACH DAY

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY**

August 20 to September 19

By the grace of God, through Christ,
I am divinely inspired and illumined.

By the grace of God, through Christ,
I am forgiven and healed.

Thy unfailing supply rushes to meet
my every need, and I am in all ways
prospered.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

SILENCE!

Every sound that breaks the silence only makes
it more profound,

Like the crash of deafening thunder in the
sweet blue stillness drowned;

Let the soul walk softly in thee, as a saint in
heaven unshod,

For to be alone with silence is to be alone with
God.

—*Beyond the Sunrise.*

**"LET THE PEACE OF GOD RULE
IN YOUR HEARTS"**



From painting by
Carlos Oswald

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*"God, who commanded the light to shine out of
darkness, hath shined in our hearts, to give the
light of the knowledge of the glory of God in the
face of Jesus Christ."*

THE SIMPLICITY OF RELIGION



BUSINESS man recently sat at the editor's desk and, viewing a pile of manuscripts and religious books, said, "Sometime when I get the time I am going to try to understand something about religion. It has always seemed to me to be so full of controversy, inconsistencies, and brain-taxing dogmas that I have not had the courage to wade into it." The reply to him was, "Perhaps, after all, you would find that the thing about religion—let us say, Christianity—that seems so forbidding to you is not the religion, the true Christianity, that you idealize and seek. Perhaps you would discover that, in its essence, Christianity is truly simple, easily understood, easy to embrace."

If all the ponderous, wordy volumes on religion disappeared from the earth, if all legends and traditions about Christianity were forgotten or done away with, there would still be the Spirit of Christ and its inspiration to religion. With naught but the heart of man with which to work, its inspiring power would set about evolving the true religion. Finally would dawn upon men the light of spiritual ideals. The religion of the Christ would begin to formulate itself in their thoughts and words. They would begin to conceive of some higher power than their personal selves. They would begin to see the futility of that which evidently was evil and the desirability of holding to that which was manifestly good. They would begin to turn to the higher Power in times of trouble, and to dis-

cover that such an attitude brought them comfort and relief.

Even the Bible itself, often thought of as full of complications and controversies, is resolved into a simple book when the great central truths of religion or Christianity are understood. Were you to write a religious book today, no doubt you would consider these characters most essential: one person ignorant of spiritual truths, although versed in the facts of the natural world; one held up as a high spiritual ideal; one knowing spiritual Truth but willing to commercialize it or to practice treachery. In the Bible, these characters appear, respectively, as Adam, Jesus, and Judas. Both Adam and Judas appear as strong contrasts to Jesus, as ignorance and deception contrasted with understanding, loyalty to Truth, and honor.

The various orthodox churches of Christianity may differ one from another in their ecclesiastical doctrines and ceremonials, but there still remains the simple Christian religion back of all of them. All seek to direct their followers away from the so-called evils of the world to the figure, teachings, and life of Jesus Christ. Christ, then, is the great blessing that all Christian churches have in common; those who look for unity in Christianity must find it in Him.

While Christians of the past have thought of Christ as apart from them, of heaven as in the future, the modern interpretation and presentation of Christianity directs our attention to Christ within us, and to our heavenly bless-

ings as right at hand. While the average orthodox Christian is rather timid about praying for temporal necessities—such as health and supply, we who have discerned the great truths of Christianity pray with the fullest assurance that bodily health and prosperity may be increased and supplied. While the orthodox Christian is mostly concerned with salvation of his soul and life after death, we pray for salvation of the body, for its deliverance from the belief in evil and disease, and we anticipate living in the present in the fullness of its riches.

The word "Unity" is twofold in its meaning. The Unity student has his attention directed first to unity with the Spirit of Christ within him; next, to universal unity, to his identification with the good wherever it is found, to unity with the best in all things of the external world. The student of Unity realizes that the Spirit of Christ is with him here and now, just as it was with men 2000 years ago.

After all, is religion really complicated? Is not Christianity tremendously simple? Do not men make it seem difficult only when they blind themselves to its truths?

Our friend, the business man, or any other practical person will find the simplicity of Christianity and the accuracy of its principles appealing to him. He will find Truth as revealed by Unity to be the philosophy of living that he has long felt in his own heart a desire to know—prompted, of course, by the overshadowing of the Spirit of Christ within him.

Predestination

Because you are predestined by God to the glory of heaven, it is necessary that you should first be conformed to the image and likeness of Jesus Christ.

Remler.

KEEPING STEADFAST TO THE VISION

MAN HAS always had in his heart an ideal, in his mind's eye a vision. This has to do with his overcoming of those things in the outer world which appear at times to block his progress and to defeat his high purposes. It has to do with his rising to the mastery of all earthly things through the might of that within him which is divine.

Inherent in his heart of hearts there is something almost like a forgotten philosophy of life, a science that, if he could but grasp it, would reveal to him the powerlessness and nothingness of evil, sin, material limitations, disease, and lack. He feels, when he even thinks of these negative conditions or gazes upon them, that he in some wise is untrue to some heavenly vision that in his heart of hearts is becoming more and more real to him. If he is fortunate enough to become acquainted with Christian metaphysics, he is taught to look away from the seeming adversities of the world or his own shortcomings, and to behold the vision of Christ omnipresent and omnipotent.

By the study of Truth, which is the science of Being based upon the teachings of Jesus, he is taught to behold the vision of the good, the noble, the beautiful, and the divinely true. He is taught to keep the thought and sight of evil out of mind and to replace these by the vision of good in all things. He finds that he must be true and keep steadfast to the vision. The ideal that he has in mind is that which is prompted by the very Spirit of Christ, which seeks to

cause him to evolve higher and higher in the scale of spiritual unfoldment and development.

Emma Curtis Hopkins, widely known as a teacher of Truth, formulated these statements:

Steadfastly facing Thee, there is no evil on my pathway.

Steadfastly facing Thee, there is no matter with its laws.

Steadfastly facing Thee, there is no loss, no lack, no absence, no deprivation.

Steadfastly facing Thee, there is nothing to fear, for there shall be no power to hurt.

Steadfastly facing Thee, there is neither sin, nor sickness, nor death.

Facing God as omnipotent good, we know that there could be no evil; facing God as Spirit, no reality in matter; facing God as omnipresent substance, no lack; courageously facing God as love, nothing to fear; facing God as abiding health and life, no disease or death. In such steadfast vision we behold the allness of God, allness with no sense of compromise. We recognize the omnipotence and omnipresence of good to the utter exclusion of all belief in evil.

When we face the light we turn away from the shadows. With light everywhere present in a room, there can be no shadows. With God recognized as everywhere present, there can be no evil, no sin, no disease. Were we to admit these to place or power in God's realm, the

world of Truth and reality, we would but rob God of that which we should recognize as His.

"Where there is no vision, the people cast off restraint," and perish. When they lack the heavenly vision, that of the omnipresence of good, they succumb to the belief in evil. When they fail to remain steadfast to the truth of God's omnipresence, they entertain the race belief that sin and disease have place or power.

"Thou shalt be stedfast, and shalt not fear." Steadfastness of vision, our holding confidently to spiritual ideals, causes us to lose sight of that which formerly made us worry. The person who feels that he has a great purpose in life must lose sight of all opposition, all discouraging thought and experience. His eye must be upon the goal. He must vision his plans in completion. He needs to behold God's completed work and himself in right relation to it.

If today you have a problem to handle, you must take your thought off its seeming difficulty or your belief in failure. You must see the Spirit of God operating in all your affairs and your victory and success coming into evidence. If you would demonstrate over personal shortcomings, you must see them being replaced by spiritual perfection. You must be loyal to the vision of Christ within you as now coming into manifestation, you must be true to the principle of keeping your vision centered upon God, the good. When you undertake to be steadfast to the heavenly vision you will find heaven's power with you, helping you to the uttermost.

THE HIGHER PANTHEISM

The sun, the moon, the stars, the seas, the hills, and
the plains—
Are not these, O Soul, the Vision of Him who reigns?
Is not the Vision He? tho' He be not that which He
seems?
Dreams are true while they last, and do we not live
in dreams?
Earth, these solid stars, this weight of body and
limb,
Are they not sign and symbol of thy division from
Him?
Dark is the world to thee: thyself art the reason
why;
For is He not all but thou, that hast power to feel
'I am I'?
Glory about thee, without thee; and thou fulfillest
thy doom,
Making Him broken gleams, and a stifled splendour
and gloom.
Speak to Him thou, for He bears, and Spirit with
Spirit can meet—
Closer is He than breathing, and nearer than hands
and feet.
God is law, say the wise; O Soul, and let us rejoice,
For if He thunder by law the thunder is yet His
voice.
Law is God, say some: no God at all, says the fool;
For all we have power to see is a straight staff bent
in a pool;
And the ear of man cannot hear, and the eye of
man cannot see;
But if we could see and hear, this Vision—were it
not He?

—*Alfred, Lord Tennyson.*

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THE JOY OF DETACHMENT

BY A PERSON weighed down with a sense of burdens and worry nothing would be so appreciated as a feeling of utter detachment from those things which seem to depress and to cause anxiety. Paul's admonition to "lay aside every weight" comes to him as a message of divine authority and freedom. Willing, of course, to comply, he needs to know just how he is to drop the "weight" in order to feel a sense of mental and physical detachment from it.

When we lose that which causes a wrong mental attachment to something, we seemingly make the detachment that we are seeking. This process is one by which we change the binding thought to one of freedom. Quite naturally we see that thought causes the wrong mental attachment: the wrong thought about things causes worry, the right thought unbinds us.

Right at the outset of this plea for right thinking as a cure for worry, we hear some one say, "Well, business conditions are in such a mess, I am so crowded on every hand with bills and more expense, not knowing which way to turn, that the advice, 'Don't worry,' seems pretty thin to me. How could I keep from worry? How could I remedy matters by being optimistic? I would give thousands of dollars to be able to detach myself from business worries and be happy."

The first thing for our friend to know is that he can discipline his thinking. He can cease thinking the thought that causes worry. He

can detach himself from the worrisome thought, the thought that also aggravates the condition of his business. He can by disciplining his thinking exchange the feeling of being disheartened for that of joy.

The person who does not detach himself from worry becomes an agent through which adversity enters into his business and affairs. He impregnates his affairs with the belief that they are filled with confusion and failure. His depressed spirit expresses itself as stagnation in finances. And he changes the current of his affairs for the better when he takes the stand for joy and success.

A mother may say, "But my son, reared in a Christian environment, is leaving for college with a crowd of boys noted for their loose morals. How can I do other than worry about him incessantly? Could I mentally detach myself from such a situation and even be content to feel joyful?" The mental bond between mother and child is almost as strong as the physical bond that formerly existed. The mother's worry disturbs what should be the cool-headedness and good judgment of her boy. She has to free herself from worry and to entertain faith in him if she hopes to be of help to him.

The mother who finds herself in such a situation must detach herself from all belief that her son is susceptible to evil influences. She must rejoice in the fact that he goes forth in-folded in the presence of Christ, governed and guided by one power, the power of good.

Across the unseen path that bridges her thought with his must travel her faith and confidence. She must reach the realization that she is detached from all personal concern, rejoicing in the truth of the supremacy of God, the right.

"What of the person who has found a friend untrue, or the young woman whose fiancé has been taken from her?" one may ask. Even the weight of personal attachment must be laid aside. When a personal attachment becomes a bondage, detachment is the next step—mental detachment serving to pave the way to peace of mind. When you let another have the power to destroy your peace of mind, it is high time to free yourself from belief that he can do so. Never to be a slave to another's caprices.

Detachment from things of the outer world tends to cement your unity with the Christ within you. From Him comes the joy of knowledge of mastery and victory. You lay aside the weight of worry over finances, worry over family matters, worry over personal attachments, and you find in the joy of detachment that indefinable something that on a higher plane unifies you with friends and affairs in a sense of faith, love, and success. Detachment, then, from worry becomes in the end attachment to conditions of a higher order: peace, confidence, joy, and victory. Through reversing our thought, through exchanging worry for faith and self-control, we rise to that height where we find detachment from personal worries transformed into attachments celestial.

ENTERING THE TEMPLE

EACH MORNING when you take your daily lesson for study and meditation, you enter into a vast temple of silence and spiritual power. Possibly over a hundred thousand of your fellows are, in Spirit, by your side. As all these lift their thought to the aspirations of the lesson, your thought is lifted up, too. They are by your side, helping you in prayer just the same as if you needed friends to be present in the physical body to help you in a physical way.

You may enter the temple at any time and find thousands there to help you. *Unity Daily Word* lessons are being read and studied all over the world, by persons of every race, nationality, and creed. All of these are contributing to your spiritual life their highest and noblest thoughts.

There is one rule to be observed: Do not study lessons ahead. You are privileged to read lessons of the past, but are asked not to read ahead. There is a good reason for keeping the new lessons fresh, in that they will provide a strong mental and spiritual stimulus when they are first approached.

We sincerely hope that you will be true to those using the lessons and be faithful in your daily work and in continuing the study. Always carry into the study period the intention of helping those who may be weaker in faith. We are having splendid reports from many of you.

*The very spirit of newness pervades
my mind, my body, and my world, and
all things are made new.*

IF WE hold to obsolete ideas and outgrown viewpoints, we bind ourselves to limited conditions. We cease to grow when our ideas of life become crystallized.

A person becomes old in mind and in body when he shuts out new ideas. His mind is denied the freshness and vitality that new thoughts would convey to it. If his body and his world are ruled by thoughts lacking in freshness and newness, his health, his life, and his environment are denied the newness that is generated through new ideas, new viewpoints.

Always be ready to consider a new idea. There is nothing to be lost by giving any new idea a fair hearing. Open-mindedness is always the mark of the truly great. Those who confine themselves to a stereotyped line of thinking narrow themselves to a small world and miss many of the blessings of life.

Each morning begins a new day and is like the threshold of a new world, a new life, new possibilities, new blessings. See yourself, your associates, your work, and your world from the standpoint of new ideas.

So we also might walk in newness of life.—Rom.
6:4.

*Deep within my heart I know that
God has freed me from every bondage.
I express His desire that I be free.*



WE INNATELY sense the truth that freedom is our divine heritage. We feel deep within us that there is some mistake about man's being bound to limited conditions, enslaved to inharmony, fear, disease, and failure. We know that there is that within us which can never be subjected to confinement, slavery, or bondage. It is Spirit within us that prompts us to know the truth of our freedom, that inspires us to lay hold of the liberty that can never change to bondage.

If you will but get the realization that God at the very heart of your being is your freedom, continually inspiring you to be free, you will gradually and completely lose all belief in bondage to persons and things. You will come to the realization that you are not limited or bound by anything or by any person in all this world. Can you conceive of the joy of such a realization and the extent of such freedom?

God's will for you is freedom. Spirit within you ever seeks to express itself; this movement you interpret as your own desire to be free. Follow Spirit's bidding, and you are perfectly free.

I shall walk at liberty;
For I have sought thy precepts.

—Psalms 119:45.

God as life purifies, replenishes, and strengthens my life, and I am thoroughly alive in Him.



ODAY we think of God as our life and realize that we are at one with Him, never separated from Him, or lacking in life to any degree. We know that His Spirit animates us continually. We know that it cleanses, vitalizes, refreshes, and strengthens us. We realize that in the very midst of us is life that can never be depleted.

Cease to think of external things as giving life to you. Know that only to the extent that Spirit gives its life to these for your benefit can they be beneficial to you. Realize that God within you as your life is ever expressing Himself through you as more and more life. To know this truth is to free yourself from any belief that your life can be limited to any extent.

Let God as life represent to you whatever is necessary to make your life purer, newer, freer, or fuller. Remember that God adapts Himself to your life according to your necessity. He becomes that to you which He needs to become: if vitality, vitality; if strength, strength.

If you need more animation, more alertness, mentally or physically, turn your thought to Him within you.

Thy life shall be clearer than the noonday.—Job 11:17.

*There is no doubt or unbelief in me,
because I have absolute faith in God
and in myself.*



WHEN we reach that place in consciousness in which we have utter faith in God, the good, we lose all sense of having any faith that evil can work in our life. If we think of ourselves as having a little faith in God and if, at the same time, we have a little faith in evil, we can readily see that our faith in God virtually becomes none at all. A little faith, of course, will always grow, unless it becomes swallowed up by faith in an opposite.

If we have faith in ourselves, faith in the power of good that God expresses through us, we can go ahead in life feeling that God is with us at every step of the way. The successful person must have faith in himself. To be successful according to higher standards, he must have faith in the power of God to bring about his success.

We increase our faith through being faithful in little situations to which ordinarily very little significance would be attached. If we have faith that God will be with us in working out some of our little problems, our faith is increased to help us work out more important problems.

Be not faithless, but believing.—*John 20:27.*

*The peace of God fills my heart, and
I am peaceful at all times and toward
all persons and things.*



THE CONSCIOUSNESS of peace, the inner realization of our harmonious relation to Spirit within us, gives us power to go through any circumstance and to remain harmonious and peaceful. Turning to God within us, we turn to the very realm of peace and make ourselves part of it. Something within us tells us that this peace belongs to the world of reality and is akin to the peace of heaven.

Should you be one who may need to realize today the presence of peace, do so by turning your thought away from the things of the outer world that seem to destroy your peace. Cease to think of any person or thing as able to take your peace from you. Know that within you is perfect peace and that, to the degree that you give thought to it, peace manifests in your life.

Thinking peaceful thoughts helps us to build up a consciousness of peace. This, in turn, assures us of a peaceful life, a life filled with the very peace of God. Every time we think a peaceful thought we more securely establish peace for ourselves.

Thou wilt keep *him* in perfect peace, *whose* mind is stayed on *thee*; because he trusteth in thee.—*Isa. 26:3.*

I no longer believe that evil can have presence or power in my life. God, the good, fills me to the exclusion of all else.



OD said, "Thou shalt have no other gods before me." This means that we are not to entertain the belief in an opposite to Him, not to think that evil can usurp His position or share in His omnipotence. We can see that, when we believe that sin, evil, or disease has presence or power, to that extent we detract from our belief in the truth that there is but one God, one presence and power of good.

How easy it is for one to say, "I believe in one God, the Father almighty," yet not to realize that one thus affirms that sin and disease have no place or power in this oneness, this almightiness! If a person truly believes only in God, the good, and His mightiness, then he cannot believe in any supposititious opposite to God. The world would be revolutionized if this one statement from the Nicene creed were thoroughly understood, its truth realized.

We exclude evil from our life by thinking thoughts of good, thoughts like unto His true nature. We come to the realization that there is but one God and that He fills our mind and life with His omnipotence and omnipresence.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

In all the work of my mind or my hands, I do all things with God's help and to His glory.



ERE WE always to think of God as with us in all that we do, that which has seemed to be labor would be transformed into an easy task. When the personal man thinks that he has a great deal of work to do, he loses sight of God's power to help him and to lighten his burden. He who knows how to think correctly of work finds that he places many responsibilities upon God and, thereby, rests his own shoulders.

Those who are engaged in mental work must learn to rely upon God for new ideas, in this way keeping their mind fresh and alert. They must know that they are not forced to rely upon sheer brain power and human will, but that they can relax mentally in the consciousness of their oneness with Divine Mind.

Those who do manual labor can lighten their work by learning to relax many times through the day. Just as the athlete learns the trick of finding his "second wind" when he is fatigued, so must the laborer seek to find those inner springs of energy which are never depleted. Spirit within him is his strength, his source of life, his ever renewing life.

Be strong, all ye people of the land, saith Jehovah, and work: for I am with you.—Hag. 2:4.

*Every anxious thought now drops
from my mind, since I trust God to
bring good to pass and rely expectantly
upon Him.*



ANXIETY comes through our thinking that circumstances can prove too much for God. We think that wrong will prevail against right, that God's salvation will be delayed, that external things will bring about a condition that God cannot remedy. Such is the line of thinking that the worrier sets up. But one remedy is obvious: more trust in God.

In Truth we learn to discipline the mind and to cast out the thoughts that cause anxiety. Probably the best way to do this is to fill the mind so full of thoughts of Truth—thoughts of good, faith, and wisdom—that there is no room for worry. We can see that we cannot think two opposing thoughts at the same time. If we trust in God we shall not worry.

If you are anxious about others, given to worry about your associates and relatives, you can free yourself from this habit by increasing your trust in God and by putting all these in His hands and in His keeping. Your anxious thought will be transformed into confidence, and they will soon react to your sustaining thought.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

*I realize that my body is God's temple
and that His presence fills it with purity,
health, and strength.*

IN OUR lesson today we are to give up every belief that the body is other than the temple of God. We are not to think of it as the habitation of disease, contagion, weakness, or death. We are to give up every race belief founded upon ignorance and superstition. We are to know and accept the truth that it is a temple of the living God.

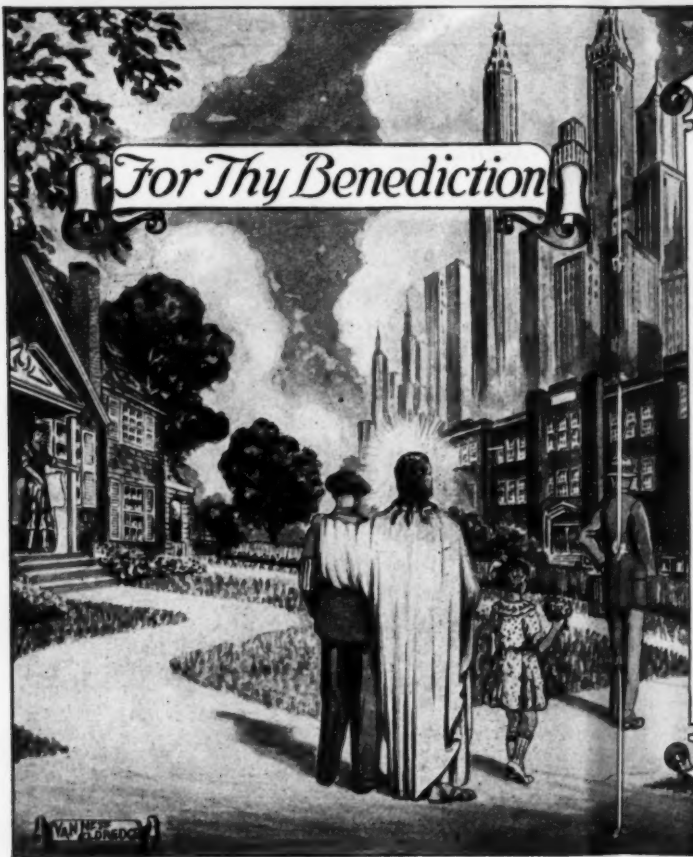
Were you always to know this great truth, there would never be disease or disintegration in your body. As God's temple it would always be like Him, always manifesting His life, health, and strength. Were you always to care for your body as if it were the temple of God (and such it is), you would discover it expressing God's mighty truths.

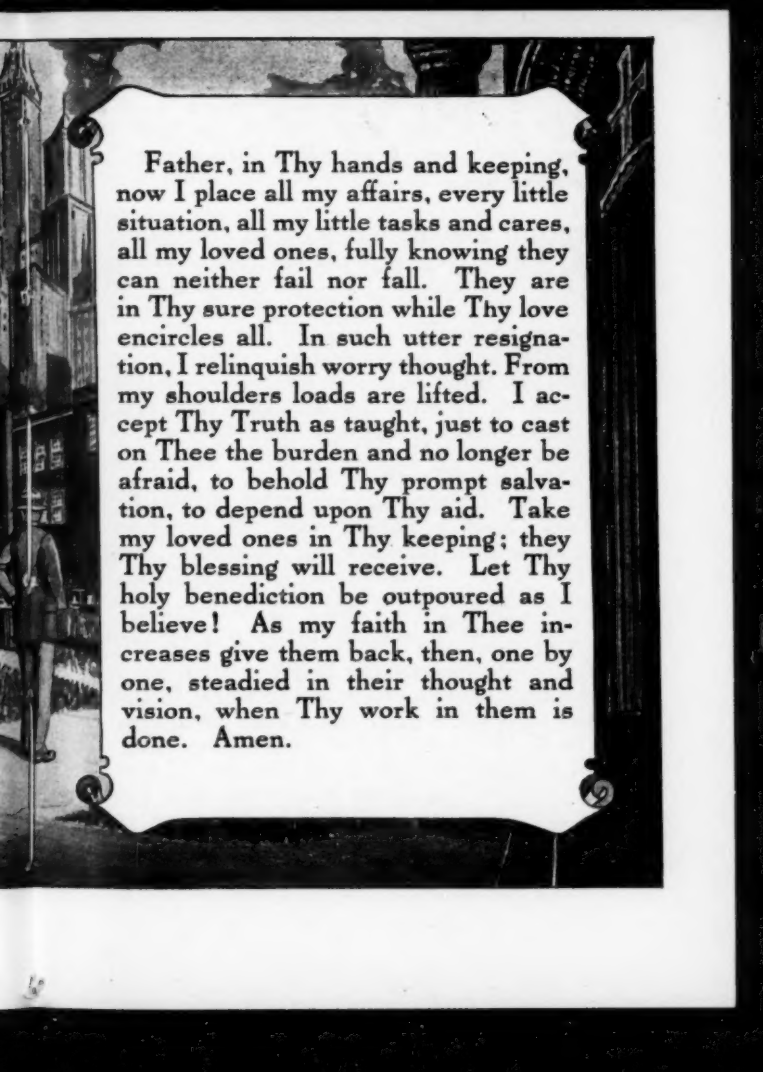
Your body is a temple of beauty, life, and glory. The very God of life and perfection has chosen it for His temple. He is enthroned in its very midst. From this throne He will rule your world if you will but recognize Him. He will open the way of life and health to you.

Think often of your body as a holy temple, and you will disabuse your mind of the superstitions about disease.

For the temple of God is holy, and such are ye.—I Cor. 3:17.

For Thy Benediction





Father, in Thy hands and keeping,
now I place all my affairs, every little
situation, all my little tasks and cares,
all my loved ones, fully knowing they
can neither fail nor fall. They are
in Thy sure protection while Thy love
encircles all. In such utter resigna-
tion, I relinquish worry thought. From
my shoulders loads are lifted. I ac-
cept Thy Truth as taught, just to cast
on Thee the burden and no longer be
afraid, to behold Thy prompt salva-
tion, to depend upon Thy aid. Take
my loved ones in Thy keeping; they
Thy blessing will receive. Let Thy
holy benediction be outpoured as I
believe! As my faith in Thee in-
creases give them back, then, one by
one, steadied in their thought and
vision, when Thy work in them is
done. Amen.

The joy of the Lord within me now comes forth, and I am filled with never changing joy.

YOUR seeming condition of depression, when you experience such, comes from your belief in the personal as superior to the spiritual. The person or thing that seems to depress you is not the real cause. Your belief alone is responsible. The person of whom you think as able to depress you might be considered by some one else as a source of joy. Depression, then, belongs to personal consciousness and is lost sight of when we rise into the realization of Truth.

The joyful person is one who has joyful thoughts. Such a person does not think of others as able to take his joy from him. He does not let little situations disconcert him. Things of the outer world utterly fail to make him sad or morose.

If you would be joyful, learn to turn out of mind every distressing belief. Turn your thought from things of the outer world to the presence of Spirit within you. Your joy is centered in it. Your real joy emanates from God.

Fill yourself with the consciousness of God as your joy, so that there will be no place for any belief in sadness or depression. God is your life, your strength, your joy!

The joy of Jehovah is your strength.—*Neh. 8:10.*

*Divine justice now governs my mind
and all my relations with others.*



AS WE meditate upon the justice of God, we think of it as mighty to eradicate every belief that we have entertained in the power of injustice. Even as God's power knows no limit, so His justice makes no concession to that which we call unjust. When we realize that our mind is one with Him we make a contact with His justice and become governed by it.

Drop out of mind all thought that you are dealt with unjustly. Cease to think that circumstances of your outer world are out of your control or under the influence of some unjust power. In Truth, God alone governs you and, if you will but realize this, naught but justice can prevail in your world.

If you would build a consciousness of justice, you must be thoughtful to deal justly with others at all times. The Golden Rule must become your rule of thought, word, and deed. You must place yourself in the other person's position by dispensing justice to him, just as you hope to receive justice from God.

As justice becomes your standard of conduct, you will see it appearing in many ways. Your life will be governed by divine justice.

As ye would that men should do to you, do ye also to them likewise.—*Luke 6:31.*

Inspired by love, Christ in me, I am freed from all fear, hate, and personal bitterness. Love has transformed me.

LOVE, in its true meaning, must be considered so full of the potency of God that nothing can withstand it. Love is mighty to dissolve the most chronic case of hate, to set free from the bonds of fear, and to deliver from all belief in the claims of personal animosity. Love, then, works as a cure-all, a remedy truly heaven-sent.

Love is mighty to transform every phase of your life. If you have believed yourself bound by limitation, if you have thought of others as unloving in their relation to you, increase your consciousness of love. Fill yourself so full of the knowledge of God and His presence that you become a manifestation of love.

If you would know more of the love of God, express more love toward your associates. Do not think of divine love as some intangible or mysterious force. When you are loving toward another, you are conscious of God's all-pervading presence, you know something of His love.

Love has power to lift the load, to heal broken hearts, to sustain through trial. Love, Christ in you, can do all things.

The Lord make you to increase and abound in love one toward another.—*I Thess. 3:12.*

Divine Mind, now expressing itself through me, inspires me to thoughts of peace, love, health, and plenty.

IF WE THINK of our mind as narrowed or limited in any wise, we limit the power of our thinking. We cannot express ourselves to the fullest when we let beliefs in ignorance clamp down upon our mental faculties. If we think of our mind as mortal or carnal, then it becomes so to us. If we think of it as being identified with Divine Mind, and truly it is, such does it become.

Divine Mind expresses itself through us as new ideas, noble thoughts, spiritual beliefs. The thoughts of God—thoughts of peace, love, life, and substance—become our thoughts through our oneness with the mind of God. We think these thoughts to the extent that we realize the oneness of all mind, our interrelation to God through spiritual consciousness.

As we link ourselves with God through the oneness of spiritual-mindedness, we become like Him. We are renewed in His likeness. Divine Mind through us works its mighty transformation, and we manifest God's will as working in and through us. Divine Mind thus becomes our protection and deliverance from ignoble thought.

Be ye transformed by the renewing of your mind.
—Rom. 12:2.

God as law, the principle of good, now annuls the action of every so-called adverse law in my life. God, the law of good, is the only rule of my existence.

MAN MAKES many rules and laws for himself and the race. He thinks of himself as under bondage to all kinds of restrictions and prohibitions. He thinks of evil as having cause and effect, as operating like law, until he learns the truth that God, the good, alone rules.

The law of Spirit—the principle of good, harmony, love, and health—sets us free from the belief that sin, hate, disease, and failure can operate as law in our affairs. The so-called law of sin and death is rendered lawless and powerless by the action of God's law.

God, the principle of good, becomes the only law or rule in our life when we recognize one God, one law, one mind. If we think of opposing gods, powers, laws, or minds, then we show that we do not believe in the allness of God, the good. We attest to the Truth of God, the only law and power, when we know and acknowledge that He has power to overrule the false claims of so-called laws of sin and death.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

I am freed from all thought of condemnation, because love and praise are the keynotes of my life.



WE ARE condemned or we condemn others because we are in that attitude of mind from which condemnation springs. The reasons for condemnation, ordinarily considered, are seen to be based on that which appears on the surface. Back of all is causation: mind.

Condemnation is neutralized by love and praise. Those whose minds are filled with love and praise have no fear of condemnation. They find that love gets right at the roots of condemnation and dislodges it from consciousness. They see that praise easily takes the place of the habit of condemning, and they find how easy it is to find something to praise, how foolish to be critical.

Those who are critical seem to feel a certain license or obligation to find personal shortcomings. The critic of this sort feels that it is a tribute to his own worth to be able to search for and disclose personal faults in others. Little does he realize that the disposition not to condemn or to criticize is the mark of the enlightened person, one who has a high degree of soul development.

Neither do I condemn thee: go thy way.—*John 8:11.*

I patiently witness God adjusting all my affairs and now manifesting in them divine order.

IMPATIENCE comes about through your fearing that God's work will be delayed. If you will see the truth of this statement, you can easily cure yourself of the habit of impatience by increasing your trust in God.

The patient person can stand aside, detach himself personally from the situation, and see God's work being done. He can free himself from all fear that the work of God will be thwarted or delayed. He knows in the midst of chaos and confusion that the regulating and adjusting power of God is being exercised. He can rise out of impatience even when to all appearances relief seems slow in coming to him. He can be patient because his patience is founded on the certain working of divine law.

Those who seem to lack time to do things must learn the lesson of patience. They will find that through working steadily and surely they will accomplish more than if they rush about in a spirit of uncertainty, impatient with their work and themselves, seeming to accomplish very little, unsatisfied with results.

The Lord direct your hearts into the love of God, and into the patience of Christ.—II Thess. 3:5.

Christ, the Spirit of God in me, is my light, my peace, my health, and my substance.

JESUS attained to a fuller measure of Christhood than any other man who ever lived. He became such a vehicle for the expression and manifestation of God that He was accepted as very God. The man Jesus became so like unto His Father that His humanity was lost sight of, save to the extent that His human compassion was always in evidence, and His divinity shone forth as a direct manifestation of God Himself.

The spark of the divine within you is Christ, the Spirit of God. This is that within you which is never disheartened, never cast down. Even when darkness seems to overshadow you, it is your light; when inharmony seems to reign, it is your peace; when disease and failure appear, it is that something within you which inspires you to health and success.

As you develop in spiritual consciousness, the Christ within you becomes more evident. In the ultimate, you will have lost all sense of personal limitation, all belief in bondage to sin, disease, and evil, and you will manifest your Christhood as the Master has done before you.

Till we all attain . . . unto the measure of the stature of the fulness of Christ.—*Eph. 4:13.*

Through the consciousness of universal unity, I am unified with Spirit within me and with all good wherever it appears.



AN UNDERSTANDING of Truth gives us a consciousness of our oneness with God within us, and with the good in life wherever it is found. Through Truth we are unified with the good in other persons. Through Truth we no longer feel that we are separate entities or that we can be held apart from others through divisions, cliques, or separating influences.

Unity teaches us our oneness with God within us, as well as our unity with others through the common bond and tie of spiritual fellowship. We unite our hearts with others through the great spiritual consciousness that in Truth makes all persons akin. In Truth there is no provision for anything but unity, since unity is of God. The knowledge of God is the universal unifying influence.

Whatever you appear to be separated from you can unify yourself with through the consciousness of unity. Spirit knows no separation, no distance, no space, no defeat. Through your consciousness of unity you are brought into touch with all whom you need to contact.

Ye all are one *man* in Christ Jesus.—Gal. 3:28.

The light of God clears my mind of darkness and ignorance. I am inspired and illumined.

THE PERSON who accuses himself of ignorance but delays the day of his salvation and the time of his spiritual illumination. By his thought and word he binds himself to ignorance. Failing to acknowledge the light of God, he finds himself in darkness.

The Father's means of guiding and inspiring you, His child, is by His light. You must know this truth and acknowledge the presence of light at the heart of your being, in order to be illumined and to shine as His inspired child.

Do you want spiritual enlightenment? Do you want to grow in spiritual grace? Give up all thought that you cannot understand, that you are ignorant, that Truth is too difficult for you. You are not a child of ignorance; you are a son of infinite wisdom, inspiration, and enlightenment.

Do you have some question upon which you need light? Must you make a decision today or choose one of several paths? Turn to the light of God within you. Be illumined by His presence and light.

Jehovah is my light and my salvation.—*Psalms 27:1.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
September 20 to October 19

ILLUMINATION

*Thy radiant light reveals Thy perfect
will to me.*

HEALTH

*My health is from Thee, and I will
to do Thy will, and to be wholly restored,
fulfilling the promise of Jesus Christ,
"Ye therefore shall be perfect, as your
heavenly Father is perfect."*

PROSPERITY

*That which is stored in my mind and
made manifest in my affairs is of Thee,
and I rejoice in its abundance.*

Through the presence of God, the source of perfect health, in me I am free from all disease. God is now manifesting as my health.



OD IS your life, your health, and your strength. God is omnipotent. God lives within you. God is now expressing Himself through you, removing every trace of disease or weakness. God's work cannot be hindered through sense belief, belief in disease and mortality.

Cease to think of disease as something to which you are susceptible. Destroy its seeming appearance by eradicating from mind the thought of it. By doing this you will destroy the only power that it has over you, the force of your belief.

Jesus came to suffering humanity bringing the message of Christian healing. By His high spiritual consciousness He inspired men to health. He caused them to give up their belief in disease. In His presence they lost sight of hate, fear, and pain. They exchanged these for love, life, health, and strength, because these appeared to them as eternal verities, founded upon the presence of Christ and the power of God back of Him.

I will take sickness away from the midst of thee.—Exod. 23:25.

I am prosperous because my heavenly Father gives me freely of His unlimited abundance.



AS SONS of God we do not inherit poverty or failure. These have no place in God's will for us. As God is the storehouse of all substance, so does He become the power that bestows upon us whatever we need or desire.

Give up every belief that, for any reason, you are doomed to lack and failure. Do not think of your position in life as one in which you are bound to hard conditions, denials, and deprivation. If you find yourself in such conditions, it is because you have not understood Truth or risen to those heights of consciousness wherein you realize your true relation to God.

If you have a financial problem to meet, cease to make it more difficult by believing in lack and failure. Cease to think of yourself as a child of misfortune. You are an heir of the King of Kings. You have unlimited riches from your Father at all times.

Can you succeed? Has your Father ever failed? Can His child fail—when He is back of him in all endeavors? A realization that God is with you in all that you do will give you power and courage to succeed in all attempts.

God, who giveth us richly all things to enjoy.
—1 Tim. 6:17.

I relax mentally and physically from worry and tension, for my thought is centered in peace, sustained by faith.



WHEN OUR MIND is established in faith and peace—confidence in God, certainty of harmony—we can easily relax from the strain that comes from lack of harmony and trust. Mental relaxation results from giving up the belief that causes tension. Physical relaxation comes as a natural sequence.

The practice of the silence, so common to students of Truth, is a very effective means of bringing about relaxation. The individual tries to get quiet mentally and physically, and then meditates upon some statement of Truth, Bible quotation, or short poem. Out of the silence come freedom and peace, because in the silence he contacts the presence of God.

Silence is but a form of prayer. By it we turn from the noise and distraction of the external world and find the peace and harmony of God. We turn from the world of effects, the world of illusion, to the presence of Spirit.

Your freedom from tenseness depends upon your ability to break your mental contact with the thing that disturbs and to make union with the peace of God.

Ye shall find rest for your souls.—Jer. 6:16.

The Truth of Christ, the science of Being, is the chart and compass of my life, and I measure my every thought and deed by this standard.

KNOWLEDGE of Truth unmasks ignorance, and shows us the utter powerlessness of falsehood. Jesus gave man Truth as his philosophy and science of life, his rule of action, his means of escape from false beliefs.

Knowing the truth about health, we break the claims of disease; knowing Truth, we easily drop from mind the beliefs that we have entertained about adversity; knowing Truth, and clinging to its ideas, we dislodge from mind opposing beliefs. Jesus brought Truth to us and saved us from so many hardships that we identify Truth with Him and think of it as coming to us through His power to save.

Your mind is disabused of beliefs in sin and disease when you know Truth. You establish a belief in the power of God as health that offsets former beliefs in disease. You gain an understanding of your own power—through Christ within you—to overcome every belief in adversity or failure.

The science of Truth, the philosophy of Christ, comes to you as power and salvation.

The law was given through Moses; grace and truth came through Jesus Christ.—*John 1:17.*

God is my help in every situation.



AS WE meditate upon this declaration of Truth, our mind is freed from every belief that there can be circumstances that prove too much for the power of God. We catch a glimpse of His omnipotence. We see Him in command of His universe, and bringing every event under His power.

Just to say, "God is my help," seems to make us conscious that He is right in our midst, taking an active hand in our affairs, casting out every appearance of evil, making Himself understood and felt as the power of good.

If there is any situation in your life that needs clearing up, any circumstance that seems to call for divine intervention, turn your thought to God. Realize that He is your help and salvation at all times. You can experience need only when your thought is away from Him. You can have His help only when you realize Truth.

God manifests Himself in the way in which He can best be of help to us. When He finds us in the throes of disease, He manifests as health, our health. When we need human aid, He sends some one to help us. Always is He at hand to aid or to save us.

God is our refuge and strength,
A very present help in trouble.

—Psalms 46:1.

I turn my attention from all distraction and noise of the outer world, and rest in the stillness and quietness of God within me.



CULTIVATE the ability to become quiet in times of stress and to feel the presence of God. When things of the external world seem to be in a turmoil, when noise seems to be paramount, get still. Feel that, through your relation to God within you, you are related to the quietness and stillness of heaven.

Turn from every distracting influence of the world about you and feel the quietness and peace of Spirit. Do not allow yourself to be affected by noise. Above all, do not fight it or set up a feeling of tenseness and resistance regarding it. Simply direct your attention elsewhere.

Withdraw yourself from the activities of the busy world several times every day. Get still. Sense the quietness of God at the heart of your being. A new world will be opened to you. The power of stillness will be revealed to you.

Becoming mentally and physically quiet, you can take a new hold on life. Your inner powers will be awakened and allowed to express themselves. In quietness is strength.

Take heed, and be quiet.—*I sa. 7:4.*

I now abide in heaven—the manifestation of all good, peace, joy, and perfect health.



THINK OF HEAVEN as the realm of God's blessings come into tangibility. Cease to think of it as belonging to some one else, or to some other time or place. Heaven is yours when you get the right mental grasp of it, when you perceive it in the spiritual realm of mind. Every good thing that you can possibly visualize belongs to heaven and is coming into expression according to your faith.

Hell is that condition which man sets up when he loses sight of God. Hell is sensed through mind as an absence of God—an absence of light, joy, peace, love, and health. Occasionally we hear some one ask: "Is there a hell?" With war, hate, fear, disease, and lack presented to us, is not the question answered? Our part is not to recognize or believe in hell, but to know the truth about heaven. In this way hell disappears, heaven comes to view, and we find ourselves in the midst of it. Hell becomes an unreality—that is, the appearance of evil disappears—as material thought is transmuted and transformed into the truth about heaven.

The kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

SUNDAY, SEPTEMBER 27

As I lift my thought to God, His blessings are poured out upon me.

LET US think of the blessings of God as comprising whatever we need or desire in order to live a fuller, richer, and happier life, whatever is necessary in order to bring forth the Christ man within us. There is some blessing of God that is just what you require in order to live a richer life. Do not entertain the belief that anything necessary for your development mentally, physically, or spiritually is ever withheld from you.

If you have believed in adversity or misfortune, change the current of your thought. If you have thought of yourself as visited with a host of evils and bad luck, change your thought.

If something seems to be a misfortune, transform it through spiritual consciousness into a blessing—one filled with the presence and power of Spirit. The absolute Truth is that God is always blessing you, always showering His good upon you, always overshadowing you with His presence of joy and love. Your adverse thought acts as a barrier until you realize Truth—and accept your good.

I know that, when I come unto you, I shall come in the fulness of the blessing of Christ.—Rom. 15:29.

MONDAY, SEPTEMBER 28

Abiding in Truth, I know that the Spirit of God points out my path and attends my every step.



ODAY we have in mind those who may be in that state of mind in which they know not what to do, which way to turn, how to make the right choice and decision. With over a hundred thousand persons joining in this thought today, we know that such a mighty thought force will be engendered that no one need feel that he is without the power that he needs.

Let those who need direction today take this statement of Truth, powerful in its import, and feel that their way is pointed out to them, that there are not two roads to travel but only one—the path of Spirit, the way of peace and success. May they feel that Spirit approves of whatever they do. May they know that God is with them in their decisions, right at hand in all their deliberations.

There is but one way for you to travel, the way of your overcoming of all the obstacles on your path, the way of your ascension over baser beliefs and claims. You find this route when you realize your oneness with Spirit. You are conscious of God's presence and abide in His wisdom, good judgment, and success.

God goes forth with you this day.

Make straight paths for your feet.—*Heb. 12:13.*

TUESDAY, SEPTEMBER 29

In prayerful asking, I make myself receptive to all the good that God has in store for me today.



WHEN WE ASK in prayer, we do not ask God to give to us something or other, if it is His will for us; we ask in the sense of inviting His good to appear. We ask Him to come into our heart just as we would invite a guest to come to us. We ask Him to express Himself through us. God's goodness always comes from the depths of our being into outer manifestation.

In Truth, the true prayer is a conscious realization of the presence of God's bounty. As prayer is a communion with God, sensing our interrelation with Him, so in the prayerful attitude we find our oneness with Him and, consequently, our oneness with His goodness. In prayer our eyes are lifted to see something that has always existed in God's world. His gifts to us exist in a latent state until by our faith we make them tangible and real to us.

We seek after God when we feel after Him or endeavor to sense His presence. We realize that we have found Him when a certain vacancy or void within us is filled and satisfied. Through prayer our heart opens to Him, and He enters it—with His joy and love.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

WEDNESDAY, SEPTEMBER 30

*I am not afraid of any person or thing.
Filled with the consciousness of my in-
dwelling Lord, I am filled with courage
and fearlessness.*

FEAR plays such an active part in man's life that we readily think of it as one of the influences to be cast out of his mind at the very onset of his overcoming. The influence that fear generates is so great that we shall not give further emphasis to it by recognizing its claims. Suffice it to say, fear is based upon the very fallacious belief that something apart from man has power over him or against God. Truth comes to his rescue and reveals to him his inherent power through Spirit.

When we realize that God in us is mightier than all else, we have nothing to fear. Nothing can appeal to us as capable of frightening us. Nothing in all the world can subjugate us.

Are you afraid of something? Your fear but shows your bondage to a belief that you are now overcoming. As you continue to think Truth, the truth of your innate courage will be revealed to you. You will come to see that the most natural thing in all the world is your supremacy over all things about you.

God gave us not a spirit of fearfulness; but of power and love and discipline.—II Tim. 1:7.

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